

[Intro]

JAISON DOLVANE: My name is Jaison Dolvane and I'm the host of reaching roots, a podcast for the goal to make life easier for parents and families, so they can reach further. We're talking to people who inspire us with their journey. Tell us about the problems they are solving and provide us insight that helps us, and our children learn and grow.

Megan Copeland is a certified sleep consultant and the founder of SlumberFeed, a company she founded to help tired parents and kids figure out how to improve their sleep.

Sleep brings your child a wide range of physical and mental benefits. From birth onwards your child's wellbeing depends on they getting enough sleep for their age and activity levels. Your body uses sleep as a time to repair itself. Lack of sleep has serious negative consequences for your child. Some of these are unhealthy weight gain with hungrier kids drawn to high calorie foods.

It also makes them more prone to bad moods accidents and bad judgment due to trouble regulating their emotions when kids are overtired. They suffer from trouble in school because memory development slows and makes it more difficult for kids to recall what they've learned. Further if your kids don't sleep, you as parents don't sleep. You make unhealthy food choices, reaching for options with higher fat and sugar content.

You find it hard to gather the energy required to properly manage your busy life between work, home and kids and less sleep suppresses your immune system. So, you are three times more likely to catch a cold.

Megan is a mother of two toddlers. She has a bachelor in elementary education, a Master of Science and nursing from rush university. She is a registered nurse and a professional educator and a certified school nurse. She has spent more than a decade as a teacher, an ICU nurse, a school nurse, a certified sleep consultant. And now an entrepreneur. In this episode, we talk about the dangers of not getting enough sleep and what parents can do to help their children develop healthy sleep patterns.

Welcome Megan. It's really good to have you here.

MEGAN COPELAND: Hi. Yeah, thanks so much for having me. This is exciting.

JAISON DOLVANE: Great. Megan tell us a little bit about your story and obviously your now doing this company called SlumberFeed, which is focused on now on helping tired parents figure out how to get their kids to sleep better. So how did you get to this?

MEGAN COPELAND: Sure. So, it kind of started while I was a night nurse. And I know that like getting sleep during the day, your circadian rhythm is telling, no, that it's time to be awake, but in order to provide safe patient care, you need to get the sleep. I got pregnant and my biggest worry was how am I going to get everybody to sleep? So, I did a ton of listening to podcasts reading books, and that's where my passion for sleep came in. And I started working with my son right away, doing things that would help him sleep throughout the night.

And then I found amazing success doing that. I shared all of my knowledge with friends and family who also found success and I turned it into a business.

JAISON DOLVANE: Great. So before you kind of got to your, this particular business though you were doing nursing in the ICU and you were doing nursing as a school nurse. Tell us a little bit about why choose to get into entrepreneurship or try to choose to start this business?

MEGAN COPELAND: Sure. So, because I'm a nurse the health of, everyone is important to me and health, your health and sleep are very much connected. So I thought that being a nurse, being a school nurse and working with children, you can see how their lack of sleep really affects them throughout their day and learning and just being available. And then in my own situation as with my family and just getting the sleep that we need, I felt that it was important to give families this knowledge, these tools, so that they are able to flourish in their daily lives.

JAISON DOLVANE: And why do you feel it's important for kind of families or parents to, figure out healthy sleep patterns for their kids?

MEGAN COPELAND: It's incredibly important, especially when your children are young. Brain development requires sleep. A lot of that happens

during sleep.

So you want your child and your toddler, your infant, your baby, even your school age child to get good sleep so that they can have a maturing brain so that they're ready, they're available for the day to intake more learning.

And I know that learning, especially for an infant and a toddler can be incredibly exhausting. It creates sleep disturbances because there is just so much in a small amount of time. And I just feel like it's really important to share my information with families out there who are exhausted. sleep, lack of sleep, has been related to almost like driving drunk. It's really detrimental.

JAISON DOLVANE: Yeah. Have you seen - you were a school nurse also for a long time. Did you have any first hand experience in terms of actually seeing kids that maybe were going through these experiences of coming to school tired or not having enough sleep?

MEGAN COPELAND: Yeah, definitely. We would have kids come into the health office who they'd have somatic complaints such as like a stomach ache or a headache, but really like, they were just exhausted and they wanted even the five minutes just to lay down on the pad and just kind of recharge. It's really hard to be available and learn if you're tired. I mean, that's for anybody. Think about if you wanted to read a book or something, if you're tired, it's not going to sink in. You're going to be like, wait, what did I just read? So, it's super important for these kids to get the rest in order to learn and be knowledgeable.

JAISON DOLVANE: Yeah. What are some of the symptoms? So, I have three kids myself. I have a seven-year-old actually, he is my youngest and often he might say well, I didn't do good in school today cause I didn't have enough sleep. How do you as a parent, how do you really determine whether, that is the actual reason for it or, our kids are not getting enough sleep. I mean, how can you, is there a way to sort of look for certain symptoms that can help us kind of come up with a proper answer for this?

MEGAN COPELAND: Yeah. So, I think like kids, they have these big feelings and at seven, it's hard for them to really like control those feelings. They're still kind of working it out and trying to manage on how to, what's appropriate and what's not appropriate in that respect. And so, you'll see that like when kids are tired, they're really like kind of irrational and emotional

or they're falling asleep at times they normally wouldn't fall asleep. Any signs of like, obviously yawning or just like kind of just being unavailable mentally. There's a lot of things you can look for.

JAISON DOLVANE: Right. Okay. And so, talk to us a little bit about, some of the things that, obviously sleep is one of these that impacts parents. Maybe it's the worst when they're born. Because we've all kind of been through that experience with babies. But maybe starting at that point. And maybe we can kind of like increase age as we move forward. But what are some of the things that parents should be thinking about when they're trying to actually help their kids learn how to sleep?

MEGAN COPELAND: Sure. So, what's funny about sleep is that actually, like you're not born knowing how to fall asleep independent, it's actually something that really needs to be taught. So, the younger you can do it the better. No, I'm not saying like, don't hug your infant, don't rock your infant. Don't snuggle your infant because do all those things. But what you don't want to do is those things right before you put them down to bed.

So, infants, whether we like it or not. I mean, they're only going to sleep x amount of hours, like two to three at a time because they need the calories, a certain amount of calories in a 24-hour period. So, they need to be fed often, which means they're going to wake up often and it's just kind of the nature of the beast. So, what you can do at that age though, is start on what I call as an eat, play, and then sleep.

So you don't want to develop any what we call sleep associations or sleep crutches, which would be, nursing or feeding the child right before you put them down, rocking them nonstop before you put them down. So, what happens is you go through different patterns while you're sleeping. When you go through the light sleep as adults, we just kind of roll over and go back to sleep. So, infants and children, toddlers, they don't really do that. They kind of like they'll wake up and if they don't have those key independent sleep ways to soothe themselves to sleep, then it's you who uses these crutches such as, rocking them, picking them up and rocking them, or, like nursing them or giving them the pacifier because they've spit it out. So, things like that you want to kind of steer away from even at a very young age, in order for them to develop self-soothing, whatever it is, even if it's sucking their thumb. I mean, of course you can't get rid of the thumb, but eventually that's got to go away.

But they will develop ways to self-soothe themselves, such as, like some kids make noises some kids suck their thumb, some will just cry for a little bit and that's okay. Like it's okay for them to cry as long as their needs have been met.

JAISON DOLVANE: Right. And that's always a difficult thing to determine as a young parent, right? Whether their needs have been met or they're actually crying. And they need something. So, any thoughts on how parents can kind of figure that out?

MEGAN COPELAND: Definitely. So, what you want to do is, make sure you're keeping them on a good schedule. Schedules are so important routines. Everybody thrives on routines, even animals. So, it's something that they come to expect and it's just kind of like get some available, especially when you're very young, everything is so new, a routine is very comforting.

So, you want to really get a good routine going. Whether it's like feeding every two hours, feeding every three hours nighttime, doing a lotion, the jammies, reading a book, it doesn't matter if they're, three weeks old, it's just really something good that they come to expect. Okay. It's time for bed. And then you can put them down. Routine is really key in helping anybody really learn how to fall asleep independent.

JAISON DOLVANE: Right. Right. And I guess that's kind like it, it builds over time, right?

MEGAN COPELAND: Yeah. So if you fed them and they have a dry diaper and you're putting them down, so you used to rock them and now you're not, well, they're going to cry because guess what? That's a routine that they had that they want back, and they're going to be protesting that like, wait, this is not how it's usually done. So, they're going to get upset, but that they've been fed, they've got a dry diaper. They're snuggled and loved all day long. So, they're not going to, they're not in any pain. So, there are going to be tears, but it's not because their needs haven't been met. It's going to be because they want to be rocked. And they're very angry about that, not being rocked.

JAISON DOLVANE: Interesting. So basically what you're saying is, you know there are good routines that will help you in developing that kind of healthy sleep pattern, but there are also bad routines that will actually prevent you from doing that.

MEGAN COPELAND: Exactly. Yeah. So, you just want to make sure enough, of course, like even if you do the rocking or a pacifier that can all be taken away later. If it's working for you now, that's fine. You just don't want to; you want to kind of try to steer away from it as they get older. Because the older they get really the harder it is to break them from those associations.

JAISON DOLVANE: Right. So, let's talk about kind of toddlers. I mean, toddlers often will kind of not want to go to sleep. It seems like one of these things that they'd rather not do because they want to be playing all the time and sometimes they might go to sleep or you put them to bed early, but they're fidgeting and playing around in their room and, up and awake. So, any thoughts on how we can kind of help toddlers improve their sort of sleep pattern?

MEGAN COPELAND: Yeah. So, the key to toddler, good, independent sleep is starting when they're an infant. So, they already have those keys. Around two years old, they go through a mental leap. They're learning a lot of language, words, how to speak in sentences, emotional type things like being happy and recognizing that. And that is like a huge disturbance. Their imagination also starts to kind of go crazy around that age monsters, all those things come into play and that really does disturb their sleep significantly. I would say like right now, majority of my clients are with toddlers because first-time parents, they realize like, oh yeah, my infant's not going to sleep, they get that. But then they think it's like smooth sailing after that. And it's really not.

So if you can get your infant, those key tools to learn how to self-soothe independently, when they become a toddler and they start going through all of these changes, it's a lot easier to help them go to bed independently.

JAISON DOLVANE: Yeah. Great point. So that's really helpful for people that have kids that are young, and they can think ahead. But for those that actually have a toddler that's five years old, obviously they can't go back in time. Any sort of suggestions for what they can do now.

MEGAN COPELAND: Of course. So, the great thing about a toddler is you can talk to them, they understand so much more than they can say. So, it's really good to start talking to them about their nighttime routine, what you're doing. It's time for bed now. It's okay. Like reassure them that they're safe, if they need a nightlight, that's fine. I would say that, continuously talk to them about that, not even just at bedtime, like it's always good to do it at like breakfast or dinner, so they're not anxious or, unavailable to hear what you're saying. It's really great to talk to them.

Another thing is just choices, toddlers love to make choices. If you say, okay, we can do this and we can do this. Which would you like to do first? It's huge and helping the toddler kind of cooperate and work through getting to bed. It's okay for a toddler to kind of toss around a little bit and not fall asleep right away. I mean, we don't as adults do that. We kind of just lay there sometimes and that's okay. They're learning how to soothe themselves to sleep.

JAISON DOLVANE: Right. And in terms of like sleep times, or what's a good time to kind of get our kids to sleep, do you have any thoughts on that? Because obviously, I'm sure parents will hear from their children all the time, whatever, sleep time you give them. There's usually like my friends don't sleep at that time or, that's too early for me or I just can't sleep. So, any thoughts around like, is there some sort of framework that parents should follow around this?

MEGAN COPELAND: So, I guess there's not like a gold standard for every kid because not every kid is the same. Some have high sleep needs where they sleep more, and some have low sleep needs where they just don't sleep as much. But I would say for like a toddler especially if they're taking one nap, my general rule is from that nap. Like, you probably don't want them to be sleeping any longer than 2:30 pm in the afternoon. Because then you'd have to give about five and a half to six hours before bedtime, or they're just not going to be tired enough. For school-aged kids, they don't usually nap. You just want to make sure that it's a consistent schedule.

So, if you're saying, eight o'clock is bedtime, eight o'clock is always bedtime. And you just want to make sure that they are adhering to that and your body just kind of gets into a routine. So if you're kind of fluctuating it, and I know like during the summer, a lot of people do that because their kids aren't going to school, but during the school year, it's super important to just stick on the schedule. I know kids are, they've got a lot to say, I need another

sip of water. And my friend Tommy goes to bed at 10 talk to them and say, I'm glad that that's Tommy's bedtime, but yours is eight o'clock and it's super important for you to get sleep because we all want to do well the next day.

JAISON DOLVANE: Right. And I'm sure, a lot of parents have kind of experienced that all of the health issues and everything that your child wants to tell you happens right before bedtime.

MEGAN COPELAND: Definitely. They don't want to talk to you at dinner time about what went on during the day, but yeah. At night, for sure. They've got so much to say.

JAISON DOLVANE: Right. So, as our kids grow older even at the toddler age and as they're kind of growing older, digital devices start to play a really big role. Any views on how we should be managing their use of digital devices and its impact on sleep.

MEGAN COPELAND: Yeah. So digital devices are just like another crutch almost, and they're horrible for your eyes, especially at night in order for you to get to sleep. So I would say if you have like a school-aged high school child that's, trying to get on their phone or their iPad or whatever you have for them, I highly recommend that like an hour before sleep, you physically take that. It should be in your room so that they can't like get out and go back into the living room and take it up to their room while you're asleep. It's something that you should hold firm to and just establish ground rules and just say, like you can have your phone or your pad until this time. And then after that time, it's with us.

JAISON DOLVANE: Right. That's very, very helpful actually. And then what about when we kind of have our children and they're sort of running around right before bedtime, I've heard that just gets them more amped up and will actually impact their sleep. What is your sort of opinion on that?

MEGAN COPELAND: Yeah, it's true. So if you want them to like, kind of run around and get that last bit of energy out, I would say do that and then start a soothing routine, like a bath and brushing teeth and kind of just like the calming. So, if you feel like, okay, they need to run around a little bit great. Like it's 6.30, we usually go up at seven, do some fun game, like tag or, something that, where you can get that energy out so that when you do kind of come to the routine, just make sure it's soothing, give them a bath,

put lotion on whatever it is in order for them to settle down.

I am a huge proponent of reading books. I think it's super important, especially for like toddlers and child school-aged kids. And I think it does help them kind of like relax and listen. Some people will allow their kids to do like a puzzle or something, something quiet, something calm before they go to bed. I wouldn't give them any tablets. Some people do let their child like watch a tv show. I wouldn't have that be the last thing, like if that does calm them down and they kind of just like will relax and watch a show. That's great. I would then make sure you read a book or do something after that.

JAISON DOLVANE: Right, right. So, Megan, tell me a little bit about, obviously you've been on this journey. Any challenges or frustrations that you're kind of running into, or you've kind of run into as you've been doing this.

MEGAN COPELAND: So, I as like a sleep coach, a sleep consultant and a mom it's, I give you and these families, the tools that they need. So, I'm like 1% of this whole equation and the parents really are the 99%. Consistency is key. It's your friend. And my biggest challenges are, I'm not physically there to do the routine or be like, oh, don't forget you did this yesterday. You've got to do this again. so that's just really, like, I would say, keeping parents consistent. checking in with them. How did it go? What did you do? that's really key and just kind of being their cheerleader, keeping them consistent. So, like, if they're frustrated, like, oh, my kid woke up three times last night and I'm like, well, but remember last time, like two days ago they were waking up five, six times. So, it's baby steps, keep with that. Like you can do it. Consistency, I would say is like my biggest struggle. Because it's not me, it's somebody else doing it.

JAISON DOLVANE: The parents have to kind of do that. Yeah. And I guess what you're saying is that there's some incremental progress that they need to look at as results versus because it takes time versus expecting it right away.

MEGAN COPELAND: Yeah. And we're kind of in that age for like we wanted right away, everything right away.

JAISON DOLVANE: Yeah. I mean, obviously we were asking parents that have a lot of things that are going on in their lives, they have to manage work, they have to manage home and kids and school and everything like that, kid's activities. So,

they're tired also. And it's difficult for sometimes, they're at their wits end at the end of the day and the kids are not actually sleeping. So it's difficult. would you have any thoughts as to, what parents can be doing to sort of, take better control of the situation?

MEGAN COPELAND: So again, like routine consistency and I know that like with all the stuff, crazy stuff going on in the world right now, we kind of have taken a pause and taken a step back and things have kind of slowed down, whereas before we've got like this activity and that thing to do. And it's important to kind of accept that and be okay with that. And if your routine changed a little bit, that's okay. As long as you are consistent and you want to do that, you want to keep that routine. As a parent, I know like you, if you work all day too, you come home you're even though things have slowed down, you're feeding them, you're doing this, you're doing that. And yeah, by bedtime you're exhausted and you're just like go to bed.

But you want to just kind of take a step back, realize that, they're learning too. They've also had a long day, most likely, especially now with the whole, like, if they're doing hybrid in school or they're on the computer nonstop, this is all new for them. And you have to realize, like that they're exhausted too. And you kind of just have to be like, okay, I'm the adult. I know how to control my feelings. Like take some deep breaths. And you kind of just have to power through it. And I guess that's just like kind of one of the things as being a parent that you just have to realize that even at the end of the day, when we're all tired, we can do it.

JAISON DOLVANE: It's I guess an awareness that we have to have. You bring up a really good point around physical activity. So, with Covid and with the pandemic activities have slowed down. Our kids likely are getting a lot less physical activity than they were prior to Covid. Because even when they are doing school they're just not running around as much. They're trying to still be socially distance. They have less gym time, less recess time. How important is physical activity for our kids to get good night's sleep. And what impact does that have to sort of the sleep equation?

MEGAN COPELAND: It's really important. I mean, fresh air for everybody is super important. Vitamin d, I mean, yeah, you can take a pill, but like the real thing is the best. I say, I know it's getting colder, dress your kids in appropriate clothes and let them run, let them play. There's no bad weather. There's only bad clothes choices, get them outside, fresh air. I

mean, even if they're not constantly running or doing whatever, get on your bikes, go for a bike ride, play hide and seek, do things that, you can, even if it's just for like a 30 minutes, anything's better than nothing. I think it's super important to get outside and to just kind of let them get loose, let them be loud, let them, kind of just like, let go while they're outside. And I think it's really important. It definitely affects the sleep if they're stuck inside all the time.

JAISON DOLVANE: Right. And I mean, they're probably less tired during the day also if they're not physical, maybe they're more mentally tired less, excuse me, less physically tired. I would think that there's an impact to how well they sleep. Is that true?

MEGAN COPELAND: Yeah. So, if you don't get the physical activity and you're just kind of stuck in the house all day, you aren't going to be as tired. And so that can affect with the schedule. What you can do is possibly like, make sure that they're going to bed 30 minutes later or something. Another good way, if you feel like they're stuck inside, what I call is feed the brain, do something like sensory activity or something that really makes their brain work because that helps with getting good sleep as well.

JAISON DOLVANE: okay. And do you have any examples of what that could be?

MEGAN COPELAND: Yeah. So, for like the little kids, toddlers, any sensory thing you can just buy like any kind of like plastic crate make noodles, put them food coloring in it, put that in there. Kids love the feel of wet noodles and then if they're colored, even better. Another awesome thing you can do is buy shaving cream. It's super cheap. You spread it in there, put some food coloring in there and let them kind of just mess around in there. They get dirty, they love it. And then any type of things that you have around the house, like spoons or tongs, put pompoms in there and have them like pick it up and put it into a bowl or to a cup. You can do that with water. I mean, this is all dependent on how [30:41 inaudible] house to get.

So, for like older kids, I would say definitely try to do a puzzle, like a really hard puzzle. Puzzles are great. Any sort of stem type things where maybe they're building like fiddlesticks or these things called brain flakes are really great to do.

JAISON DOLVANE: And by stem you mean like science technology or engineering, that kind of thing. So what you're saying is that if they are at home all day having their brains active actually is a really good sort of way of keeping them stimulated and continuing to kind of have them, I guess, get more tired or keep working?

MEGAN COPELAND: Definitely. Yeah. Build a volcano. All those great things that you can do. But yeah, feeding the brain is definitely if for whatever reason you can knock it outside, feed the brain.

JAISON DOLVANE: Okay, great. Excellent. That's very good advice. So, you're kind of starting on this new journey with SlumberFeed, working towards sleep. You've been helping a lot of people already give me a sense of, how has this kind of transforming you? What are you sort of getting out of it on a personal basis or a personal level?

MEGAN COPELAND: So just like being a nurse, I genuinely want to help people. There's literally no better feeling than a tired parent who seeks my help. And then, after a few weeks of working together, they were like, you have saved us. We are happier. my kids wake up happy, we wake up happy. The day is so much easier. Everybody's ready and available. Just like emotions are more regulated and it just makes me so happy to hear that because I know how detrimental lack of sleep is on everybody's health and the whole family.

JAISON DOLVANE: Great. Have you had a specific case that you can think of where, there was some significant impact to the parents?

MEGAN COPELAND: Yeah, so I had a parent who I actually, she came back for a second time. I had her first child, I had not done anything with her, and her child is now a toddler and she came, her second child, I worked with her, got her on a great schedule. And she's like, she's such a great sleeper. Now I've got my toddler who's, waking me up like six, seven times a day. My husband travels like, I'm just letting her sleep in the bed, which is not what I wanted to do.

And so, I was able to help her. They also, the two sisters share rooms, so it's a little bit more difficult and it is a challenge when one is sleeping and the other one's not, and now the one that's sleeping is going to be woken up by a child because they can't figure out how to soothe themselves back to sleep.

So, I worked with her, she came back to me and she's like, please help me with my toddler. Like she's waking up my other daughter and it's just like, I'm letting her sleep in my bed and I don't know what to do. And so, we work together and it's tough when they're in the same room together. So that was a huge challenge for me because it's hard to sleep train one and not kind of both at the same time.

JAISON DOLVANE: Right. So, what are the kinds of things that you did in that particular situation?

MEGAN COPELAND: So, it did make a little bit easier because the one that was having the issue was older. So, the younger one who was a good sleeper would just go to bed. And then the older one, we would have to use the tools in order for her to get the sleep and figure out that like, she's okay, mom's just right there, but mom is not going to let you sleep in her bed anymore.

And just giving her those tools, which again, consistency and there might be tears, but it's okay. Like, she stays, you can tell her that she safe and just being consistent and giving her those tools on how to help your child learn that she's safe. It's okay. if you wake up and it's dark, it's okay. You just roll over and go back to sleep.

Like when it's time, mom will be right there. A lot of kids use these things called okay to wake clocks, which I highly recommend if you have a toddler.

JAISON DOLVANE: What is that?

MEGAN COPELAND: Okay to wake clock is a clock that you have in their room. And you set it for a certain time, like whenever you feel like you want them to get out of bed and say seven, seven o'clock. And at seven o'clock, it turns green and you tell them like, when it turns green, it's okay for you to get out of bed, get out of your room. And that's a really great tool [35:57 inaudible].

JAISON DOLVANE: Yeah. That makes sense. I think we might have used something like that when our children were that little. as you're talking about this, it makes me think that in this particular case, it makes me think that obviously a lot of parents are, once there's a certain sleep habit that has been developed breaking that is likely a lot more work in the short term to be able to get to the benefits of it,

we able to see things get better? So, what do you say to parents, can you can talk a little bit more about that? Because parents, again, coming back to, they're so busy and now you got to break a habit or you got to break a crutch and we just know it's going to be really difficult to start doing that.

MEGAN COPELAND: Yeah. So you just have to have patience and grace, honestly, like I usually work with families for a two week period, and I say, like, it's not going to be magical in one day that, we start this, it's not going to happen in one day. It might not even happen in two weeks, but you've got the tools. And as long as you remain consistent and you have patients and you give these kids grace, it's going to work. I fully stand by that. And I think that it's hard in this day of age because we want to go to bed. We want them to go to bed and we just don't, it's hard to keep your patients I feel like after a certain amount of time.

So I say, you have to think about it in terms of something maybe you do every single night that you would not want taken away from you, like say you scroll through your phone every night for 30 minutes and somebody goes, nope, you're not going to do that anymore. It's going to be hard. Like, even as an adult, like, you're not going to like it. And you're, it's going to probably take less time than a child, but it's going to take some time for you to get used to that. And you just have to be patient.

JAISON DOLVANE: Yeah. It makes sense. And, I think what I take away from that is that, it's not months, most times it's likely days or a couple of weeks that, they could actually see some results on.

MEGAN COPELAND: Yes. And I think that, like, once you start seeing results, it kind of gives you the push to keep being consistent and moving forward.

JAISON DOLVANE: Sure. Yeah. I mean, if you see success, then that motivates you further. So, Megan tell me, you yourself are a mom. You've got two kids. Is there one feeling you have as a parent that you would rather not feel?

MEGAN COPELAND: Oh my gosh, I have mom guilt of course, like, I've get, every mom has their mom guilt. Like I have a full-time job that I go to all day long and my kids go to daycare. Although I don't think I'd be a very good stay at home mom. I do it during the summer. I'm very lucky that I can do that. I couldn't imagine doing it all year round. I just have incredible guilt

that, and then now I'm, doing a business, so I'm constantly kind of working and that's something I need to work on being more available for my kids. And I know it's a problem with adults now with phones and just kind of being a little bit less available than we were back in the, the eighties and the nineties, we just didn't have that stuff.

JAISON DOLVANE: Yeah, no, it makes sense. I'm sure you're not alone with that. And what is your hope for the audience that your addressing. You're really sort of addressing parents what is your hope for them? What is your hope for sort of, your children in the world as we move forward?

MEGAN COPELAND: So, I mean, my hope for appearances to really take sleep seriously and teach your child how to fall asleep independently, how to soothe themselves back to sleep. It's super important. And I think that, routines, schedules are very, very important. You want to keep the kids' room dark. You want to, use white noise. You don't want it to be too hot or too cold. Usually it's like 68 to 72 degrees is like the perfect temperature for babies and toddlers. And everyone really, because you don't want to be too hot, you don't want to be too cold and just kind of work through those things. If there are crutches or whatever that you've developed, it's okay. You can still break those habits. Like we talked about, it might not be overnight, but it's definitely possible.

JAISON DOLVANE: Right. Okay, good. Any final sort of message or a takeaway that you would like to leave with the audience?

MEGAN COPELAND: Just that health, your health is really connected to how good of sleep you get as well as your availability and emotional ability for everybody and your world, not just your family your coworkers and everyone. So, you want to just kind of take care of yourself especially those moms out there, like we give and give and give, but you also have to take time for yourself. It's super important. And dads too, of course, like dads, they're those dads out there that are doing it all too. So, it's very, I would say take time for yourself. It's okay.

JAISON DOLVANE: That's very, very good advice. So, you've started SlumberFeed. You want to just tell us where we could get a hold of you and if we want any more information about getting help from you where we could go to do that.

MEGAN COPELAND: Sure. So, my website is www.slumberfeed.com. That's my website. You can, from there, you can click on my Facebook or by Instagram where I do post stuff. I do blogs. You can get to my blogs from my website as well, but I do like the four-month sleep regression. Why should you hire a sleep consultant. Just some good information in there. Especially on my posts.

JAISON DOLVANE: Sounds good. Well, thank you very much, Megan. It's been nice speaking with you today.

MEGAN COPELAND: Yeah, thanks for having me. It was great.

[Outro]

Thanks for listening.

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